

Girls' Lacrosse Pre-game Checklist

<u>Officials' Attire and Equipment</u> • Striped shirt in good condition. Black shorts/kilt/pants, black shoes (in good condition/fit properly) • Whistle, yellow flag, cards, NFHS Rule Book, tape measure, pen or pencil, watch, golf ball, coin. • Black Accessories: hat/visor, jacket, gloves, turtleneck, etc. • Be neat/presentable (shirt tucked in, clean uniform, on time, etc.)	<u>Key Rule Changes in 2026</u> • The free position for one player drawing illegally will be administered at the spot of the ball. Any player may restart. • Stick check requests may only occur during a quarter break, halftime, a team time-out, prior to the start of overtime, prior to a draw and following the goal at the end of regulation or overtime. • For a goal circle violation the offender will move 4 meters away from the restart. • Following a possession time-out called in the CSA, the ball will restart at the dot.																						
<u>Walk the Field Together</u> • Note the color of all lines. • check the nets for holes; ensure the goal is lined up correctly (back of goal posts on back on goal line) • check the field for correct markings (pace off 8m Arc and 12m fan) • Flags at corners of field and cones defining substitution area. • Note any hazards on the field (holes, protruding sprinkler heads, etc.) • Have a thorough discussion with partner(s) (suggested topics on back)		<u>Table Personnel Discussion</u> • Confirm table personnel are aware of responsibilities (provide Timer Responsibility sheet) and scorer will record all cards. • Confirm 2-way communication from table when clock administer is located elsewhere (Press box, etc.) • Make sure all needed equipment is in place/working. • Identify site manager and where they are located. • Identify trainer/health care provider, if available, and where they are located. • Confirm that balls to be used for the contest are NOCSAE-certified. • Identify Alternate Possession indicator. Confirm it is pointing in correct direction after coin toss.																					
<u>Suggested Pregame Protocol</u> <table><tr><th>Real Time</th><th>Clock Time</th><th>Activity</th></tr><tr><td>4:20</td><td>30:00</td><td>Field Open</td></tr><tr><td>4:45</td><td>05:00</td><td>Captains' Meeting</td></tr><tr><td>4:50</td><td>00:00</td><td>Clear field/stick checks</td></tr><tr><td>4:55</td><td>00:00</td><td>Lineups Announced</td></tr><tr><td>4:57</td><td>00:00</td><td>National Anthem</td></tr><tr><td>5:00</td><td>00:00</td><td>Opening Draw</td></tr></table>	Real Time	Clock Time	Activity	4:20	30:00	Field Open	4:45	05:00	Captains' Meeting	4:50	00:00	Clear field/stick checks	4:55	00:00	Lineups Announced	4:57	00:00	National Anthem	5:00	00:00	Opening Draw	<u>Coaches' and Captains' Meeting</u> • Introduce self to coaches and players. Ask players to introduce themselves to other team. • Coaches must certify that all players are legally equipped, and that equipment is NOCSAE- and ASTM-certified: Goggles ASTM 3077; Headgear ASTM 3137 • Identify all lines/boundaries for visiting team. • Conduct coin toss. Winning team chooses first Alternate Possession OR end of field they want to defend for first quarter. • Ask if coaches/players have any questions.	
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Stick Checks

Bring the stick to eye level to check if the pocket is legal (both front and back.) Do NOT apply pressure to the ball.

Confirm players have goggles and are not wearing jewelry (cannot be covered with tape/band-aids). Non-abrasive head coverings/hair adornments OK, hair ties on wrists OK.

Mouthguards cannot be clear/white or have graphics of (white) teeth.

Players' helmets must have properly secured chinstrap.

Goalie: Check length of stick; must have mouthguard, helmet with separate throat protector; chest protector (jersey worn over pads); thigh pads, gloves. Bottoms are correct color. Shin guards are no longer required for NFHS play. Clear eye shields and tinted or clear glasses are allowed.

Delay of Game Card Progression

1st **Green**: Change of possession only

2nd **Green/Yellow**: 2-minute penalty
No substitution
Card not included in team card count.

3rd + **Yellow**: 2-minute penalty
No substitution
Card included in team card count.

Pre-Game Topics

Field Coverage

Shared Areas/Double Whistles

Goal and RL "confirmation" signals

Boundary Restarts vs. Foul near
Boundary

Goal Circle foul set-ups

3 Seconds: Penalty Administration

Slow Whistle/Flag

Self-Starts: When Permitted

Self Starts: When Not Permitted

False Starts: How to Avoid

Clearing the Penalty Zone

Eye Contact

False Starts in 8m, Midfield

Clock Issues

Incorrect PA by partner

Off ball contact

Warnings/Cards

Minor Fouls in CSA: Indirect

Stick Check Requests

Fouls after the shot

Offside: Information Needed

Unusual Situations

Alternate Possession

Contentious Play

Injuries

Coach decorum.